

Flank Steak Marinade

Ingredients:

- 1/2 cup vegetable oil
- 2 tbsp lemon or lime juice
- 1/4 cup balsamic vinegar
- 1/3 cup soy sauce
- 3 tbsp liquid honey
- 1 tbsp Dijon mustard
- 1 tbsp finely minced garlic minced
- 1/2 tsp ground black pepper
- 1 1/2 pounds flank steak

Directions:

- 1. In a medium bowl or large liquid measuring cup, mix the oil, lemon juice, balsamic vinegar, soy sauce, liquid honey, Dijon mustard, minced garlic, and black pepper.
- 2. Place the flank steak in a shallow glass dish or a sealing plastic Ziploc bag. Pour the marinade over the steak, turning the meat to coat thoroughly. Cover, and refrigerate overnight. If you want, you can also
- 3. marinate for a full 24 hours with great results.
- 4. Preheat your grill to a medium-high heat.
- 5. Oil the grill grate on your BBQ. Place the flank steaks on the grill, and discard the marinade. Grill the flank steak for 5 minutes per side, or to desired doneness.
- 6. Remove and place on a plate. Let rest for 5 minutes, then slice against the grain and serve.